

01

01 Yourself

It's crucial to have a deep understanding of yourself no matter what you do. Knowing yourself is key. Confidence and self-esteem are essential as you navigate through the ups and downs of life, as you never know when a challenge may come your way. Make sure to establish boundaries for yourself and for others in your life, and don't be afraid to stand strong in upholding them.

02

02 Why

We all need a plan for our lives just like we need plans for other important things. A well-thought-out plan can help us stay on track and keep us organized, making life a little easier to navigate. Having a clear "why" can serve as a constant reminder and keep us focused, especially during times when we may feel lost or unsure of our path. Remember, you are not alone in needing a plan to guide you through life's journey.

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03 What

Once you've discovered the rationale behind your choices, you'll gain a deeper insight into your goals. This applies to all aspects of your journey through life.

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04 When

There may never be a perfect time for things to happen, but there will always be a better time. This means that when you have more things in place and are better prepared, moving forward at a better time will not be as difficult. I understand that timing can be challenging, but remember that being prepared can make a big difference.

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05 Where

It's important to have a clear idea of where you're heading. The ultimate aim is to reach that destination while minimizing any unnecessary stress. Nobody wants to go through unnecessary hardships.

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06 How

When exploring the reasons, purpose, timing, and location, it will become clear how you can achieve all that you set out to do. Remember that each step you take brings you closer to your goals. Trust in the process and believe in yourself. You've got this!



LIFE Roadmap